



Child Nutrition Programs—Eating to Learn/Learning to Eat

Attention:

Food Service Professionals

Teachers

Health Educators

Nurses

Principals

Administrators

The Northeast Regional Office of the Food and Nutrition Service would like to remind you about all the great nutrition education materials available to your school. The enclosed list is a sampling of our most popular materials, many of which have been updated. They can be downloaded from the web. Many can be ordered for free.

The resources can help you promote healthier lifestyles. Use them to:



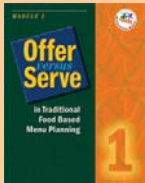

- Show children how they can improve their diets and increase physical activity by making small and gradual changes
- Change school policy and environments to support healthy lifestyle choices
- Provide opportunities for children to practice healthy lifestyle behaviors
- Deliver consistent nutrition and physical activity messages through the classroom, cafeteria, home, community and media

We hope you find the materials useful.

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Resource	Used By	Contents/Ordering Information
<p>Eat Smart.Play Hard.™</p> 	<p>Elementary and middle school teacher and school food service</p>	<p>Spokescharacter Power Panther™ and other materials for delivering nutrition and physical activity messages to children and their caregivers in elementary and middle schools. Why not order the Power Panther costume for a school event? It's free!</p> <p>Order or download from the web at: www.fns.usda.gov/eatsmartplayhard</p>
<p>Team Nutrition Website</p> 	<p>Administrator, teacher, school food service</p>	<p>Team Nutrition is a USDA initiative designed to help schools easily implement policies that improve children's health. There are recipes, menus, classroom activity sheets, curriculum, posters, monthly activity calendars, handouts, newsletters, brochures, media guides, and lots more for your use.</p> <p>Order or download from the web at: www.fns.usda.gov/tn</p>
<p>Team Nutrition Getting It Started and Keeping It Going</p> 	<p>Newly enrolled or existing Team Nutrition school leader</p>	<p>This guide introduces you to Team Nutrition and all the resources available to help you get Team Nutrition Started and keep it going. If your school is already participating, the guide can help you review Team Nutrition's goals, take another look at the resources on your shelves, order new ones, and revitalize your efforts to help children be healthy and physically active.</p> <p>Order or download from the web at: www.fns.usda.gov/tn/Resources/gettingitstarted.html</p>
<p>Changing the Scene Tool Kit</p> 	<p>Administrator, teacher, school food service</p>	<p>This Team Nutrition action kit is used at the State and local levels to educate decision makers about the critical role of a consistent, total school nutrition environment plays in promoting healthy eating.</p> <p>Order or download from the web at: www.fns.usda.gov/tn/Resources/changing.html</p>

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<p>Healthier US School Challenge</p> 	<p>Enrolled Team Nutrition Elementary School</p>	<p>FNS has established the Healthier US School Challenge to encourage elementary schools to take a leadership role in helping students learn to make healthy eating and active lifestyle choices. The objective is to recognize schools that take specific steps to improve their programs and address obesity and to encourage other schools to follow their lead.</p> <p>Find out more and enroll from the web site: www.fns.usda.gov/tn/HealthierUS/index.htm</p>
<p>Fruit and Vegetable Galore Kit</p> 	<p>School food service</p>	<p>This kit is packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables. Rejuvenate your cafeteria with colorful fruits and vegetables. Solicit the cooperation of teachers by providing them with teaching tools or by supporting their educational efforts. Use the materials to get students excited about eating healthfully.</p> <p>Order or download from the web at: www.fns.usda.gov/tn/Resources/fv_galore.html</p>
<p>Offer vs Serve</p> 	<p>School food service</p>	<p>Offer versus Serve is a training manual for school districts to use with their schools. It contains training packets for traditional food-based, enhanced food-based, and nutrient standard menu planning. It also contains a resource pack with a reference guide, a CD of print materials, and a film overview of each menu-planning option in VHS and DVD formats.</p> <p>Order or download from the web at: www.fns.usda.gov/tn/Resources/offer_v_serve.html</p>
<p>The Power of Choice</p> 	<p>After school program leader</p>	<p>Series of fun, hands-on nutrition-related activities. Developed for adult leaders who work with preteens (ages 11 to 13) in afterschool settings.</p> <p>Order or download from the web at: www.fns.usda.gov/tn/Resources/power_of_choice.html</p>